

Season 1 Episode 1 – Guilty Greenie

Under the Influence

Cait Bagby: [00:00:00] Hello, and welcome to Guilty Greenie, live on Fireside from the Climate Collab Auditorium. We are your imperfect hosts. I'm Cait Bagby

Sarah Ferris: And I'm Sarah Ferris. And I don't know about you guys, but we are tired of perfectionism and trying to live more sustainably. So we're here today to chat about our own guilt, share our own journeys and just add a bit of levity in our attempts and fails to be more eco friendly.

Cait Bagby: And I think you will all be maybe not so surprised to know that the fails will often outweigh the successes. And as Sarah said, we are going to share our own journeys, the good, the bad, and probably the laughable as well.

Sarah Ferris: A hundred percent mine will be laughable I can tell you that much.

Cait Bagby: Mine as well. Before we dive into our subject for today, which is all about our influences, the people who have influenced us in our lives. Let the audience get to know you a little bit. Tell us about yourself.

Sarah Ferris: I'm Sarah Ferris and I am a Kiwi. And for those of you that are in [00:01:00] America, that's a New Zealander because apparently some people don't know that. That's weird to me.

Cait Bagby: That's the good old American education system for you.

Sarah Ferris: That's a thing, right? People don't know what a Kiwi is in America sometimes. Did you?

Cait Bagby: Can I plead the fifth on that one?

Sarah Ferris: Did you guys think I was calling myself a little furry fruit?

Cait Bagby: I have so many questions about that, actually. Furry fruit! No, I did, but I'm not certain that I learned that in formal education. How's that?

Sarah Ferris: Yeah. That's fair enough. It's probably not something you would learn in formal education. Tell me you've got Kiwi fruit over there.

Cait Bagby: Yes, we do.

Sarah Ferris: Anyway, that's me, I live in the UK now I'm in London and I'm a podcaster, but yeah that's me. The best thing I think about this whole Guilty Greenie is I try to do my best, but I really haven't had the bandwidth to actually put any time into really delving into sustainability and doing the right thing so I just want a cheats guide. That's [00:02:00] why I've tagged you in here Cait because...

Cait Bagby: Is that why you've roped me in?

Sarah Ferris: A hundred percent. I can't be bothered reading so I'm just going to ask you all the questions that, everybody wants to know the answers to. Am I doing this right? Or am I doing it wrong? So you are the queen. Can you tell us why you are the queen of sustainability?

Cait Bagby: Oh, that may be a stretch. I might be the troll under the bridge. That means

Sarah Ferris: You've got the crown so wear it.

Cait Bagby: It's a little dingy. Um, I have been working in the sustainability space for about eight, nine years now. Started off as an influencer, the dirty influencer word.

Sarah Ferris: Oh yeah.

Cait Bagby: Yeah. But that quickly branched out into all things sustainable living, travel... um, and I have to apologize for anybody who can hear the lovely hammering noises happening.

Sarah Ferris: Just thought you might be like, actually like engaging in the troll under the bridge analogy and you were like knocking under the bridge as people walked over it or something.

Cait Bagby: Make [00:03:00] your own sound effects.

Sarah Ferris: Exactly.

Cait Bagby: Now I've branched into all things climate change related, whether that's at the individual level or looking at it more from the corporate, or government, or inter-governmental... different organizations and understanding how we can all work together to bring about lasting change, but also understanding the unique roles we all have to play. And part of that is too often when individuals are speaking about tackling the climate crisis or living more sustainably, we put a lot of guilt onto ourselves as if we have to do everything and by association, we then think we're not doing enough, or we're not sure for doing the right thing.

Sarah Ferris: That's my problem. I agree.

Cait Bagby: I'm living proof that we live and we learn and that's our aim for the Guilty Greenie. It's just to talk about and have a level of humility and a couple of laughs along the way about just how complex actions can be.

Sarah Ferris: And I think that's the thing, isn't it unless, and I think this was somebody that I was listening to on your Fireside chat, the Olympian Etienne. Tell me his [00:04:00] last name again.

Cait Bagby: Stott. Etienne Stott.

Sarah Ferris: Right. And he said that unless we're living all in a cave completely off grid everybody's leaving a footprint. That's my starting point. I'm not going to end up there. So, I'm not going to feel guilty that I'm leaving footprints, but I'm just going to try and step a little more lightly.

Cait Bagby: What, you don't want to join me under the bridge Sarah? It's kind of cozy some days. It's such a good point though, that, we operate in a current system where it does feel oftentimes the only thing we can do to be truly sustainable as live under a bridge. And so, I feel like we should start off the show by saying it's nearly impossible to be a hundred percent sustainable given the current world we live in. Baseline right there, Sarah and I will not be trying to convince you that your life is going to be perfect or a 100 percent anything because we are living proof it is not.

Sarah Ferris: I like that. But there's going to be takeaways each show that we can put into practice. How do you eat an elephant? One bite at a [00:05:00] time. Not a great analogy for a vegetarian.

Cait Bagby: I was going to say, we're talking about sustainability. Maybe not the best analogy.

Sarah Ferris: Don't eat the elephant is the first rule of the Guilty Greenie

Cait Bagby: There's your first challenge of the week? Avoid elephants.

Sarah Ferris: I'm chewing. I'm just chewing right now.

Cait Bagby: Sarah has very naively asked me to issue her a challenge at the end of every show. We want individuals to have takeaways at the end of this and actionable items so we'll make some fun little challenges. Get you started no matter where you're starting from. Speaking of starting from, today, we're gonna be talking about who influenced you, or what influenced you in your life to look at the world and think I want to do better for people, planet and animals.

Sarah Ferris: It's a really good question because I don't actually have that many who influences other than David Attenborough, who God love him, he better never die and my children, I think is probably one of my other biggest influences because it's them that I'm [00:06:00] leaving the planet too. So, there's that, but then I think probably my other biggest influence is where I was born.

Not many people, I think, outside of New Zealand know this, but we are a really green country. We pride ourselves on it. We call ourselves a hundred percent pure. It's our tagline. You come, you breathe fresh air. We're all mountains and sunshine and all that kind of thing. I grew up having that as a backdrop, but it wasn't until I had my own kids that I really realized how much the country was invested in it.

We have things like a waste free lunch boxes at school for kids. You would get like a little note in their lunchboxes saying, "well done. You've had a waste free lunch box." And that meant that you would have to basically buy a Tupperware or a plastic container that was reusable or whatever it was made out of probably bamboo or something.

And, you would have little sections and they would eat out of these lunch boxes with no clingfilm or Saran wrap, I think you call it in the U S, or tinfoil, or anything like that. Anything that was a rubbish they had to [00:07:00] bring home with them. I think that kind of gets in the psyche of the kids really young.

Then when we moved to the UK, it became blatantly obvious that that's not how the rest of the world thinks. I was horrified when I walked into the supermarket and realized the amount of packaging on things was absolutely horrifying and the resistance to change over here is quite frightening.

So when I first came over being the little tidy Kiwi that I am, I knocked on the head teacher at the schools door and said, "Hey, here's an idea. Do you want to introduce waste free lunch boxes?" The head teacher goes "I love it. It's a fabulous idea. But, uh, yeah, nobody's going to buy into that so I'm not even gonna bother trying." And I was just like, "wow. That's the attitude?"

That was a shocking moment and it never fails to shock me going into a supermarket over here. It's like a game of pass the parcel, as we call it over here. You basically will buy a packet of something and then you'll take [00:08:00] the top layer off and then, oh, surprise, there's another layer underneath so you'll open that. Oh, surprise. It's in a little plastic container in the middle and then there's another plastic wrap. You just like go, "for goodness sake. Seriously." Who's got time; one to just keep unwrapping these bloody things and two, what the hell, stop producing products like that.

So, yeah, I think those are my biggest influences that I can point to and I can't claim to have been very sustainable all the way through my life at all, but I think there's been a massive shift in the last couple of years in our house to really try and drive that forward. And my kids are so on board and specifically with any sort of animal welfare and that kind of thing.

Cait Bagby: Let me ask you this then Sarah, when your children were in primary school and you went to the head teacher and you said, what about doing these sustainable lunchboxes? Zero waste kind of lunchboxes and essentially said, "yeah, I love it, but that's just never going to fly here." Did you then kind of double down in [00:09:00] your own household and say, well, even if I can't get the school to change things, my children, whether it was a conscious thought or whether it was just something you were familiar with, did your children then go to school with zero waste lunches?

Sarah Ferris: Well, yeah, we definitely try. I don't even have that kind of stuff in the house. It's all containers without matching lids, as the kids would say. Definitely. That is how we do it. And then over here they have school dinners as well so there was a lot of eating at school as well. Whenever it was lunchbox time it was always waste free.

Cait Bagby: You reminded me of the dreaded Tupperware cabinet in every home where there's always more lids than bottoms. None of them match up. You don't know how they came to be, but somehow you're going to make it work.

Sarah Ferris: And then you open that cup of door and everything falls out. Everything falls out. It drives me nuts.

Cait Bagby: Oh, yeah, mine's above my fridge and I can't reach it without being on a step stool so what I do is I just like, flick it open at the bottom and then just chuck it up [00:10:00] there and hope it will not create an avalanche of Tupperware raining down.

Sarah Ferris: You know it will though because there is no solution... I'm sorry if this is boring to anyone, but everybody's got a bloody cupboard like this and their house. There was no solution that I found sustainable or otherwise that lets you stack those blooming things.

Cait Bagby: No, it's a 50/50 chance whether it's going to rain Tupperware in my kitchen every time. It's a really fun game I play with myself. Who wants an easy, complicated, free life, Sarah? Come on. When you're talking about the lunchbox, it reminds me of the last several years we've seen a rise of the bento boxes.

Sarah Ferris: Oh yeah. I love those.

Cait Bagby: It became very quickly divisive though. You had so many people who are frustrated and essentially turned their backs on it because they said, "who has time to do this when you have two working parents and you're scraping by financially" and you just want to throw something in there and go.

Sarah Ferris: Yeah. I've seen those videos and they are beautiful to watch, but they're a myth in every other parent's house, I'm sure.

Cait Bagby: It becomes one of [00:11:00] those unintentional divisive actions.

Sarah Ferris: Yeah. That's not what my lunchbox has looked like for my kids. Mine was literally whack open a packet of crisps, divided between the three kids into the little containers, maybe if I'm feeling good, cut up a few carrots, and then a really crappy sandwich. I'm famous for crappy sandwiches. So...

Cait Bagby: What's the, what's the sandwich go to?

Sarah Ferris: Oh, my God. They all have their own things so it would be like a piece of ham or something. There's no two things in there at once. Not even peanut butter because you can't have nuts in school cause everybody's allergic.

Cait Bagby: I'm laughing cause you're like, they're so crappy and struggling to describe...

Sarah Ferris: That's how crappy they are. It's been a long time since I've actually made them because my rule in my house was, if you can reach the bench, you can feed yourself. So yeah, they basically have to make their own sandwiches or starve. God knows what they're putting in them.

Cait Bagby: They learned from the best.

Sarah Ferris: I just went to the supermarket today and my son was like, I need to get some sandwich fillings. I'm like, "wow, what are you going to put in there?" And he [00:12:00] goes, "ham....cheese."

Oh my God. Two ingredients. He's getting posh.

Cait Bagby: Wait till he puts a condiment on there as well.

Sarah Ferris: He even asked if we had Mayo. I was like, "hello. Of course, we do." Well, that's my influences. What about yours? Because you've had a massive journey on this whole sustainability ability. I can't even say the word. That's how unfamiliar I am with it: sustainability. Why did you even get into it? Was there an aha moment for you?

Cait Bagby: Yes and no. My parents are probably the biggest influence for me. We didn't grow up off the grid or anything like that. We just grew up with practices in our homes, such as, we grew our own vegetables. We had chickens. I laugh looking back on it now, cause I still do some of the same things, but when I was growing up, I thought it was really embarrassing. My mom would wash off tinfoil and reuse it or she would wash out a plastic sandwich bag and hang them out to dry. And at the time, when you're younger, you just think, "oh, why can't we just be like, everyone else? Why can't we [00:13:00] just fit in?" And it made you feel a little bit awkward.

I remember, speaking of school lunches, Lunchables had just come out, and the Go-Gurts and all that individually wrapped plastic that you were talking about.

Sarah Ferris: Yes. They are shocking aren't they for bringing the kids in.

Cait Bagby: So I never had one. We had either our lunch pails and we were younger or brown paper bag and we had sandwiches in those plastic bags that my mom would then wipe out, and wash out, and hang to dry, and use them the

next day. And I would be so jealous because I'd see people making these little Ritz crackers with ham and cheese and you know, their condiment on them from their Lunchables. Looking back on it, it is laughable. I would sit there with homemade chocolate chip cookies.

Sarah Ferris: Oh yeah. I know where this is going.

Cait Bagby: I didn't want them. It was like the only time of my life I've been popular because I would trade them for their little packages of like Twinkies or something and they would all want the homemade chocolate chip cookies. As a child, I was just like, "oh no, I want to be one [00:14:00] of the cool kids. Give me a Lunchable."

Sarah Ferris: That's amazing, isn't it? How even your food gets influenced by kids. My husband had the same thing. His mum would pack him three cooler bags for his lunch when he was at high school.

Cait Bagby: That's an overachiever right here.

Sarah Ferris: She would be a bento box queen, that one. But, he used to feed his sandwiches cause he hate them, he'd either trade them for tuck shop pie, like a cafeteria pie, or feed them to the horses on the way home. Isn't that terrible?

Cait Bagby: I get it though, I totally get it cause when you're young a lot of times you just want to fit in. So for me, it went from little sustainable habits were very normal to then when I went out on my own, I rebelled a little bit in the the food department. I was like, oh, cereal in a plastic bag, or soda, or whatever it was. It became, I would say really unsustainable, really wasteful.

And then somewhere back in my twenties, my mid twenties, when I was living overseas, it was just lack of access to certain things so I naturally fell back into I just [00:15:00] make do with whatever I have and I reuse, and reuse, and reuse. And now it's just normal.

It is funny that we're only talking about positive influences. But on the other side of that, we can talk about the people who made us look at things a certain way, and it wasn't necessarily a healthy way such as wanting to trade homemade food for a Lunchable.

Sarah Ferris: Yeah. A hundred percent.

Cait Bagby: Before you moved to the UK, did you have an experience where you found yourself falling into bad habits because that was the acceptable thing to do?

Sarah Ferris: Well, definitely when I came to the UK, because obviously it was fighting against it, but you can't actually fight against it when you've got only so many products that you can buy. Only recently, like probably in the last sort of two or three years on our high street, there's a refill larder where you can go and take your glass whatever and get them filled up with your pasta and your rice. You can buy shampoo bars and things like that. I definitely feel when I came to the UK, I slid backwards.

And it was funny when you talk about your mum, she was obviously ahead of her time. I don't know if it was [00:16:00] also like maybe like a money thing as well. They were just more cautious about not being wasteful with money. I think our generation is a lot more wasteful with and disposable in our nature.

My parents-in-law lived in the Cook Islands for about 10 or 12 years, for work. It's absolutely idyllic. It's got a reef. It's your lagoons. It's absolutely gorgeous. But, everything's super expensive to get there because everything's imported. You can see that your waste is going somewhere on that island and it's not being recycled. So she would be like your mom and washing out bags and nothing would be wasted. Absolutely nothing. In hindsight she was just so living it and seeing the impact of it. Like, disposable nappies, there's just piles of disposable nappies being left on this island with nowhere to go.

I'd come over there with my three kids and I'd be like, well, geez, I'm not going down that cloth nappy track. That seems like hell. I would, now, if I had young kids, it would be, you kids are going to [00:17:00] pee through that cloth. I don't care. Um, or whatever. Those products have come a long way as well. There so much more user-friendly.

Cait Bagby: What they used to call frugal is now considered sustainable.

Sarah Ferris: Yes, you're so right. That's great. That's a great way to put it.

Cait Bagby: My grandparents were the same way. They were a product of the Great Depression so everything was saved, everything was reused. You learned how to can food in case times were tough and you didn't know if you were getting a paycheck, you needed food reserves. I understand not everyone's family was like that. Mine was based on where they lived in the United States and they were hit pretty hard by the Great Depression and it just kind of passed

down. It is interesting because it came from a financial place and now it's more coming from an environmental or sustainability space, because as you said, we live in a disposable world.

Sarah Ferris: Yeah, absolutely. I love that. It's such an aha moment, frugal to sustainable.

Cait Bagby: You can save money and help the planet. That's going to be our new...

Sarah Ferris: ... tagline for [00:18:00] the show. Absolutely. I love it. I just slipped into a bit of an American accent in as well. I realized you as the show goes on, we might end up having me... I mean, it's a terrible American accent.

Cait Bagby: Do you mimic accents?

Sarah Ferris: I have a little habit of it because I don't sound like a Kiwi anymore and I don't sound completely like an English person. So I do have this habit of absorbing.

Cait Bagby: That's how I am in the UK. I find myself slipping into the UK accent very easily.

Sarah Ferris: Yeah. There's so many accents over here. That's the problem same in the U.S. Yeah, pick a lane, pick a lane. We've just got two accents in New Zealand. That's all you need. Even that's excessive. But we digress.

Cait Bagby: Yeah, we did digress.

Sarah Ferris: I was going to say, I made a little note when you were talking about the Lunchables. When I had really young young kids, I was the super, healthy mum who would make all the food and puree it, freeze it, blah, blah, blah and there was never chocolate or fizzy drinks I was really purist.

[00:19:00] And I remember one Christmas all of the nieces and nephews are there and there was that crossover between family Christmas traditions and different families and in the Christmas stocking, my kids had a little chocolate frog, like a chocolate Freddo, Freddo frogs. Do you have those?

Cait Bagby: No. All I could think of is Frito lay, like the little corn chips and I was really questioning life at that moment.

Sarah Ferris: No, it's the little chocolate frog. Add that one to the list of differences. Anyway, so the Freddo frog came out and my son goes, "ah... a muesli bar!" He honestly thought that a chocolate bar was a granola bar that's how deprived he was.

Cait Bagby: How old was he? If you tell me he was 15 I'm going to laugh.

Sarah Ferris: Yeah. No, he was just turning 21. Uh, no, he was. I mean, he was young, he was probably about two. Talking as sustainability I couldn't sustain that level of parenting when the third one came, so they were all out the door by then. The one year olds chomping on chocolate and. Sucking down some Fanta.

Cait Bagby: You're just like, here's the TV, here's a bag of [00:20:00] chocolates, here's something to drink, and you'll be good- you'll be fine.

Sarah Ferris: That's true! And also, the youngest came in line just when iPads came in so that was just brilliant, brilliant parenting.

Cait Bagby: Sometimes I have to wonder, do we just actually need to go backwards instead of innovating more? The Tupperware parties, right, you literally would have, like the MLM's now, they would have someone come to your house to sell you Tupperware. And then now we've kind of moved that ball a little bit where now we're saying, "oh, buy glass or get bee's wrap wax over the top. And sometimes I think the simplest practices are the most sustainable.

Sarah Ferris: What about you Cait? Cause you're out in the... we would call it the, wop wops in New Zealand, in the farmland, right? So you bike? Or do you car?

Cait Bagby: We car everywhere, uh, cycling is more for. This I find absolutely, you know, as I'm about to say this, I'm like, think about what you're about to say. [00:21:00] We use it for exercise or for pleasure. Um, but now that I'm thinking about it, I'm like, well, why can't you just ride to the grocery store?

Sarah Ferris: But how far is that?

Cait Bagby: The grocery store is probably, oh, it's, it's actually not that far. Probably about seven to 10 miles. And you absolutely can cycle, but cause we're on a farm when we're going out, we're going out and buying bulk animal feed and I can't fit that on a bike. I could try, I'll send you the pictures,

It's one of the things I actually miss about living in a city is I would just walk to the grocery store every day or every two days and just pick up exactly what I needed. Here, you could do it, but because of the time, right, the distance to get there, you're chewing up an hour and a half of your day.

When we go to the grocery store, to be honest, it's more for like those kind of treat items or some fruit that is not in season or just isn't available around here.

So personally I'm very [00:22:00] intentional about the food, but my husband and I also have this thing where we each get to pick out one thing for the week that we just that's, that's our little treat, our little snack for ourselves and the other better keep their hands off of it because that is world war three in the making.

Sarah Ferris: Well, what's the treat that you would go "literally I'm going to spit on it if you touch it."

Cait Bagby: Oh, I'm not going to lie. It varies week to week. So this week it's been gummy bears.

Sarah Ferris: Okay.

Cait Bagby: Yeah. And for him this week, it's been salt and vinegar chips.

Sarah Ferris: Oh, he's my man. You can keep your gummy bears, but salt and vinegar chips. I love it. I love it when the vinegar is so strong, it slaps you in the face. Can I just say, I hope my weekly challenge is not that I'm only allowed to choose one treat for the week. Do not make that , my challenge, , please.

Cait Bagby: You can have a half of treat this week. I promise , I'll start off gently. We will get there.

Sarah Ferris: Okay. Lay it on me, lay it.

Cait Bagby: All right. So in addition [00:23:00] to wiping down tinfoil and plastic bags, and, either hand-me-down clothes are thrifted clothes. Another thing my mother did, and still does, and I've adopted this practice as well is anytime there was a present Christmas, your birthday didn't matter whether she was hosting or whether you're at someone else's place... anytime, there was a bow on the gift she would take the bow and put it in a little bag to save so she could reuse it. And then same with the wrapping paper at our house. Christmas is very neat and orderly. We had to open it from the edges and as a child, of

course, you're just like," let me, let me open the gift." But, she was all about reusing it, and I think we can all relate to the fact of just how pricey wrapping paper is, it's a bit ridiculous for five seconds of joy. But, if we weren't using wrapping paper, the other thing that we grew up with, because I know your daughter's birthday is coming up this [00:24:00] week...

so the challenge I'm putting out to you is to find something that you don't have to buy to wrap the present with. So that could be a newspaper. It could be fabric.

Sarah Ferris: Oo, that's a good idea.

Cait Bagby: One of my favorite things again, I mean the, the wrapping paper thing was a bit much, but my grandmother would wrap our gifts in the funny section of the newspaper, like the comics.

I mean, it kept us really entertained.

Sarah Ferris: It's a really good challenge. I'm up for that.

Cait Bagby: So zero waste wrapping challenge for your daughter's birthday.

Sarah Ferris: I think I can do it. I'm really gutted that I've just taken a lot of secondhand clothes to, the charity shop today cause otherwise I could have just piled them into a pair of pants.

Cait Bagby: I know we need a report back: one, if you accomplished the challenge and two, what her reaction was.

Sarah Ferris: Oh, I wonder if I should tape it.

Cait Bagby: That's how you start a TikTok.

Sarah Ferris: No. [00:25:00] Oh dear. The whole unwrapping your Christmas presents, I am just amazed that your mother managed to get you to peel the tape off.

Cait Bagby: To be fair, it was only something when we got much older. It was not something from when we were little to kids because, no one is controlling little kids around the holidays. But the ribbon and the bows though, always were

saved, always saved, always reused. We may still have some from 40 years ago. I'm not going to lie. We may still be using.

Sarah Ferris: I love that. I just had a really nice idea, because we don't have any newspapers in our house so I'm thinking, what can I wrap it in? So I was wondering if I could buy a little tea towel every year. That she could have as a little memory.

Cait Bagby: Yeah.

Sarah Ferris: She's going to be like, "shit, am I on the dishes every night?" I'm like.. "happy birthday!"

Cait Bagby: Surprise! You're on dish duty for the next month.

Sarah Ferris: Exactly. Look what I got you, a tea towel. Actually. that's a really crappy gift for 13.

I would say

Cait Bagby: I would, well, I'll push I'll push it further. I would say, see if you can do it zero waste where you don't [00:26:00] have to buy anything. So whether that means speaking to a neighbor, they might get the newspaper or magazine. I would say, see if you can do it zero waste.

Sarah Ferris: Okay. I will and I shall report back next week. Good challenge.

Cait Bagby: All right. Well, I think that's kind of it for today's show. What do you think?

Sarah Ferris: Yeah. Yeah, I think so. I think it's been fun and, I've enjoyed it. I've learned something new and I'm loving the whole memory lane. I feel like I'm going to start living my life and sepia tones, you know, that kind of old worldly with flickering film in front of me for the rest of the day. When it,

Cait Bagby: Sometimes it seems like it would be the nicer route to go and then sometimes I think, Nope. No, thank you. I'm just not ready to go back that far in my life...

Please do join us next week to see if Sarah accomplished her challenge for more, the good, the bad, and the laughable.

As we tackle our own sustainability journeys, exclusively on fireside in the climate [00:27:00] collab auditorium. Thank you for joining us on this week's episode of guilty Greenie If you've enjoyed this podcast, please share rate and or leave five star review on apple. It helps others find the podcast and get the climate conversation flowing guilty. Greenie is an independently made podcast. So if you would like to support the podcast, please go to buymeacoffee.com/guiltygreenie

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Sarah Ferris: Bye-bye.